The "BIG BOOK'S" Way To Be Rid of Resentment (pages 63—67)

INSTRUCTIONS:	**Affects my: (3)**						*DON'T FORGET THIS*	**Column 4 - page 67 "Alcoholics Anonymous"**
* **Study** from the bottom of page 63 to the end of page 65 and **then** follow its instructions: **a)** List all people, institutions & Principles (Column 1) from **top to bottom**. **b)** List all "causes" (Column 2), **top to bottom**. **c)** Do all columns in Column 3 from **left to right for each name**. **d)** Consider the first 3 columns carefully.	Self-Esteem	Security (Pkt. Bks)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	* **Study** from the bottom of page 65 to end of the 3rd paragraph on page 67, **then** follow the instructions. (Go to each name and say _____ is spiritually sick. Don't forget to say the Resentment Prayer (Lines 3-5, page 67) "God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person in column 1 prior to starting Column 4.	"Putting out of our minds the wrongs others have done, **[fold sheet over to cover columns 2 and 3]** we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened. . . . [D]isregard the other person involved entirely. Where were **we** to blame? . . . When we saw our faults we **listed** them. We placed them before us in **black and white**. We admitted our wrongs honestly and were willing to set these matters straight." (page 67
I'm resentful at: (1) **The Causes: (2)**								
_____ _____ _____ _____ _____ _____ _____ _____								**Selfish:** **Dishonest:** **Self-Seeking:** **Frightened:**
_____ _____ _____ _____ _____ _____ _____ _____								**Selfish:** **Dishonest:** **Self-Seeking:** **Frightened:**
_____ _____ _____ _____ _____ _____ _____ _____								**Selfish:** **Dishonest:** **Self-Seeking:** **Frightened:**